

ABSTRACT

The Coverage Number and Sociodemographic Factors related to the Practice of Exclusive Breastfeeding in Puskesmas Mojo, Surabaya

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Most of the causes of mortality among children under five years old are caused by malnutrition. Therefore, intervention by fulfilling good nutrition is needed from the beginning of their life. Many experts suggested to exclusively breastfeed for infant up to six months. The practice of exclusive breastfeeding provides many benefits for the mother-infant pairs in health, psychology and economics. One of factors that affects mothers to exclusively breastfeed is the sociodemographic factors. The aim of the reaserch is not only to determine the coverage but also to find out what the sociodemographic factors were associated with the practice of exclusive breastfeeding.

This was an analytical-obervasional research with a cross-sectional study design. Data were collected by interviewing the 81-respondents using questionnaires as the primary data. The respondents of this reasearch are pairs of mothers with infants aged 0-6 months live in Puskesmas Mojo Surabaya who met the inclusion and exclusion criteria.

Result of *chi square* test (χ^2), it was found that the coverage number of exclusively breastfeed practices in Puskesmas Mojo Surabaya was 46.9%. While the sociodemographic factors which is statistically related to the practice of exclusively breastfeed is the mothers' knowledge about exclusive breastfeeding ($p=0.011$).

It is concluded that most of infant up to six-months have been fed other than breastfeed. It proves that interventions and support from various sectors are necessary to increase the coverage and mothers' knowledge related to exclusive breastfeeding.

Keywords: exclusive breastfeeding, the coverage number, sociodemographic factors